

# November 2010 MENU

**Lebanon Public Schools**

**LMS Daily Lunch: \$ 2.00 (with milk)**

**LHS Daily Lunch: \$ 2.50 (with milk)**

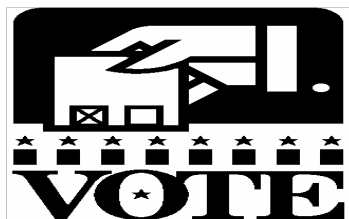
**Milk(only): \$ .45**

Monday	Tuesday	Wednesday	Thursday	Friday
Mozzarella Sticks Toasted Cheese on Wheat Tomato Soup Mixed Vegetables Fresh Fruit or 100% Juice Milk	<b>ELECTION DAY!</b> <u>Red, White &amp; Blue</u> White Cheese Quesadilla Red Salsa Blue Jell-O with Fruit Rice & Beans All American Salad Milk	Pasta with Meatballs Green Beans Vegetable Sticks Whole Wheat Breadsticks Orange Smiles or 100% Juice Milk	Macaroni & Cheese Broccoli Spears Celery and Carrot Sticks Applesauce Blush or 100% Juice Milk	Cheese Pizza Garden Salad Coined Carrots Pineapple Tidbits or 100% Juice Milk
November 1	November 2	November 3	November 4	November 5

Alternate lunch choices include all five food group components. Cereal is a daily alternate breakfast

All juice drinks are 100% juice.

This menu is subject to change without notice




**November 2nd !**



Thanksgiving Meal 11/18/10

Roast Turkey  
Mashed Potatoes  
Stuffing, Gravy  
Seasoned Corn  
Cranberry Sauce  
Applesauce,  
Dinner Roll  
Milk



Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger on a Bun Spicy fries Cucumber Slices Fresh Fruit or 100% Juice Milk	Shepherd's Pie: Seasoned Ground Beef Mashed Potatoes Corn, Dinner Roll Chilled Peaches or 100% Juice Milk	Stuffed Crust Pizza Garden Salad Coined Carrots Chilled Pears or 100% Juice Milk	<b>Veteran's Holiday</b>  <b>No School</b>	<b>No School</b>
November 8	November 9	November 10	November 11	November 12
Chicken Pattie on a Bun Sweet Potato Fries Vegetable Sticks Fresh Apple or 100% Juice Milk	Taco Salad-Seasoned Beef, Cheese, Lettuce & Tomato Fluffy Rice Chilled Pineapple or 100% Juice Milk	Pasta with Meatballs Wheat Bread Stick, Garden Salad Mixed Vegetable Peaches with Cream or 100% Juice, Milk	<u>Thanksgiving Meal</u> Roast Turkey Mashed Potatoes, Stuffing, Gravy Seasoned Corn, Applesauce Cranberry Sauce, Dinner Roll Gingerbread, Milk	French Bread Pizza Tossed Salad Veggie Sticks Fresh Fruit Choice or 100% Juice Milk
November 15	November 16	November 17	November 18	November 19
Toasted Cheese on Wheat Mozzarella Sticks Tomato Soup Vegetable Strips Fruit Wedge or 100% Juice Milk	Cheese Pizza Garden Salad Veggie Sticks Orange Smiles or 100% Juice Milk	<u>Early Release</u>  No Lunch		
November 22	November 23	November 24	November 25	November 26
Corn Dog with dipping Sauce Cheese Stick Sweet Potato Fries Vegetable Sticks Fruit or 100% Juice Milk	Chicken Nuggets Mashed Potatoes Seasoned Carrots Fresh Fruit Cup or 100% Juice Milk	Cheese Raviolis, Tossed Salad Wheat Bread Sticks, Mixed Vegetable, Fruit or 100% Juice Milk	Hamburger on a Bun Oven Potatoes Green Beans Fruit or 100% Juice Milk	White Pizza Tossed Salad Vegetable Sticks Chilled Pears or 100% Juice Milk
November 29	November 30	December 1	December 2	December 3